

# A Moment of Intention #13



## Create And Deliver A Toast

1 Minute  
Activity  
For  
Everyone

A toast is a small speech, even as short as one word, that highlights something that you believe in, that you are grateful for, to highlight or honour an accomplishment by a person or group, or simply spread goodwill. This ritual is most common at big events such as weddings or award ceremonies, however toasts can be part of your everyday habits, increasing intentionality into your day.

***Make a toast to the the people you live with, over the phone or online platform to a friend. If you're on your own, raise your glass and toast yourself. You're worth it.***

**Use the following questions to help guide the creation of your toast.**

- What did I see today that I want to acknowledge?
- Who do I want to thank or honour?
- What am I grateful for?
- What is one or two words that I want everyone who is with me to hear?
- What is a quote that I want to read?
- What is a funny story I want to share?
- Do I want it to have actions that people follow along with during my toast?
- Do I want it to be a song or poem?
- What message to I want to spread?

**After you have created your toast, decide when you want to deliver it.** For example, at the beginning or end of a meal, to start or end the day, when you see someone doing something you agree with, etc.

### WHERE DID THE TOAST COME FROM?

Some stories speculate that toasting accompanied by a cheers (glasses touching or clinking together) evolved as an act of trust. When two people's glasses touched together, a small amount of liquid would spill into each others glass, decreasing concerns or speculations of poisoning one another. Other stories indicate that the toast originated in the 17<sup>th</sup> century where people flavored their drinks with spiced toast. What stories can you find about how it originated?

**Do I need to raise a glass when I make a toast?**

Toasts are commonly accompanied by people raising a glass of something they are drinking (water, juice ,etc.). To begin, the person giving the toast raises their glass to indicate they have something to say. In response, everyone around them raises their glass. During the toast, everyone's glasses should remain raised. When the toast is complete, everyone takes a sip from their glass, representing agreement with what has been said or "toasted to."

**Although this is common practice, you don't need a drink to make a toast. Deliver it whenever you feel it is appropriate. People can respond with a cheer, nod, hand clap, etc.**

***IMPORTANT NOTE: During this time of social distancing please do not cheers (make contact, clink or touch other people's glasses with your own) after a toast.***